

BILLINGS

Specialist visit prep worksheet

Who it helps: People preparing for specialist appointments.

Summary: Symptom timeline, meds list, questions, and treatment goal prompts.

Not medical, legal, or financial advice. Use this as a practical checklist and a record-keeping tool.

Bring this to your visit (or fill it out in your phone).

Symptoms and timeline:

- Start date: _____
- Worst days/times: _____
- Triggers: _____
- What helps: _____

Medication list (include OTC/supplements):

- Name / dose / schedule: _____
- Name / dose / schedule: _____

Top 5 questions:

1. _____
2. _____
3. _____
4. _____
5. _____

Costs (if you want to ask):

- Is this visit/test in-network? _____
- Prior authorization needed? _____
- Lower-cost alternatives? _____

Helpful links:

- 211 local services: <https://www.211.org>
- Patient Advocate Foundation: <https://www.patientadvocate.org>
- HealthCare.gov (Marketplace): <https://www.healthcare.gov>
- Medicaid: <https://www.medicaid.gov>
- Medicare cost help: <https://www.medicare.gov/basics/costs/help>